

THE MAD SCIENTIST'S COOKBOOK



The Second in Our Do-It-Yourself Science
Series
by Peter Nielsen

INVISIBLE TOUCH

After promoting electricity for nearly a hundred years, the "authorities" are now hinting there is something strange about it ... in particular the magnetic field emitted by the 50 cps (cycles per second) alternating current of mains power. It seems our body interprets its rapid pulsation as a deviant natural energy, and assumes the world is about to end. Metabolism goes haywire, and everyone mutates into borderline stress fatigue cases. What ever happened to real inner peace? Can we blame the rising social malaise on all-pervading electro-magnetic (EM) "smog"? Maybe. In February 1990 a flagship of British industry, *Electronics World*, devoted nearly a whole issue to a new crop of suspicion-confirming health statistics. That was only the appetiser. We recently obtained a 350 page draft publication from the US Environmental Protection Agency (EPA), reporting the lurid findings of 46 major medical studies. For a copy, you may inquire to their "Centre for Environmental Research", Cincinnati, Ohio 45268 USA. The preface is devoted to possible modes of biological interaction. Even surveys by utility companies on their own line workers, fail to discredit known links between long-term EM exposure and leukemia, blood abnormalities, immune system failure, various cancers, etc. Want specifics? Send a \$40.00 postal money order to the author at PO Box 87, Byron Bay, NSW 2481 for 250 pages of scientific reports, clippings and articles. Rather than being a sole cause, mains radiation seems to be lead-footing the accelerator pedal on our most rampant lifestyle diseases ... and, like a fart in a spacesuit, it follows you EVERYWHERE!

LIVING WITH
ELECTRO-MAGNETIC
"POLLUTION".

SIMPLE DEVICES FOR
MONITORING AND
PROTECTION.

OHM ON THE RANGE

Scare yourself into action. Build this "EM FIELD SNIF-FER", and carry it around your home or office. Think of it as a "sixth sense" for exploring the hidden magnetic landscape of your world. This is how birds and marine life migrate. Check out all the appliances, television, hidden wiring in the walls, meter box, electric death blanket, that power line lurking outside your window. The average intensities you have probably read can induce an abnormal potential of several volts WITHIN the conductive fluid and tissue of your body. Hello human antenna, goodbye harmonious Chi energy! This irritating "noise" also masks our planet's NATURALLY occurring extreme low frequency (ELF) oscillations of 3.5, 7.83, 10.5 cps, etc., believed by many researchers to be required by all life forms for "clocking" daily and seasonal metabolic cycles. Even the magnetic field from a cheap hairdryer can exceed these geophysical constants by

up to sixty times! Imagine living and working 24 hours a day in a wired up cage. NASA did, and fitted pacers on manned space flights to replicate the Earth's health-sustaining, ground level EM spectrum. Are we becoming astronauts on our own planet?

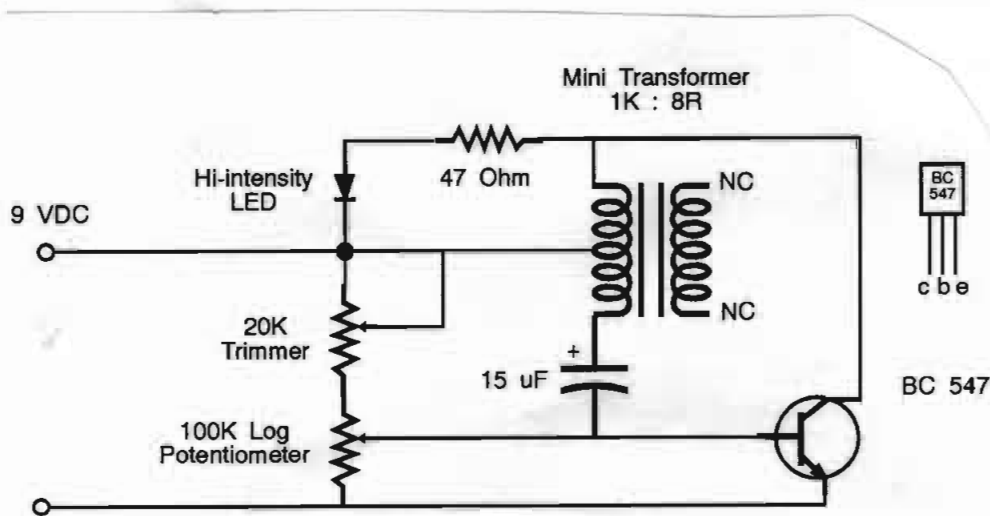
Like an emerging conspiracy plot, criteria for exposure in the Western World date from crude military experiments with "brain blasters" in the 1930's. In the former Soviet Union, official regulations governing non-ionising radiation are far more stringent. Yet industry is still promoting the "safety" of heatless magnetic cooktops! The solution? Self-evolution! See project # 2 somewhere below. IMPORTANT: On the circuit diagrams connect only those four-way intersections where a black dot is present. Scratch it first, to make sure it doesn't come off.

FUN WITH FLUX

Seeing is believing. After construction, snap on a nine volt battery, and attach your digital multimeter (about \$40), set on the lowest AC range. This provides a varying numeric reading of ambient electro-magnetic fields. These gener-

ate voltage in the coil, which is amplified to measurable levels by a dual integrated circuit. Commercial monitors, costing upwards of \$200, are factory calibrated in "gauss or Teslas", scientific units of intensity. Cumulative exposure may then be adjusted precisely, in accord with updated health recommendations. In other words ... move that bed away from the hot water heater, soak up less TV, etc. While equally sensitive, our simple device will only indicate relative field strengths. Be warned that many sources radiate on multiple vectors, producing undetectable interference patterns of unknown biological effect. As a rule of thumb, the average output from some common appliances is as follows: fridge (not gas) 0.1-1uT, (micro-Tesla) electric blanket 1-5uT, television 2-50uT, mixer 50-500uT, and vacuum cleaner 200-1000uT. If you get a particular reading near one of these, you'll know it corresponds roughly to the number of micro-Teslas shown above. From there you can dust off your algebra and work out anything proportionately.

Remember, intensity drops off sharply with distance from the source. For example, you can avoid 80% of the EM leakage from a computer screen by sitting back only two feet. Being mains-powered, most appliances radiate at 50 cycles per second (cps).

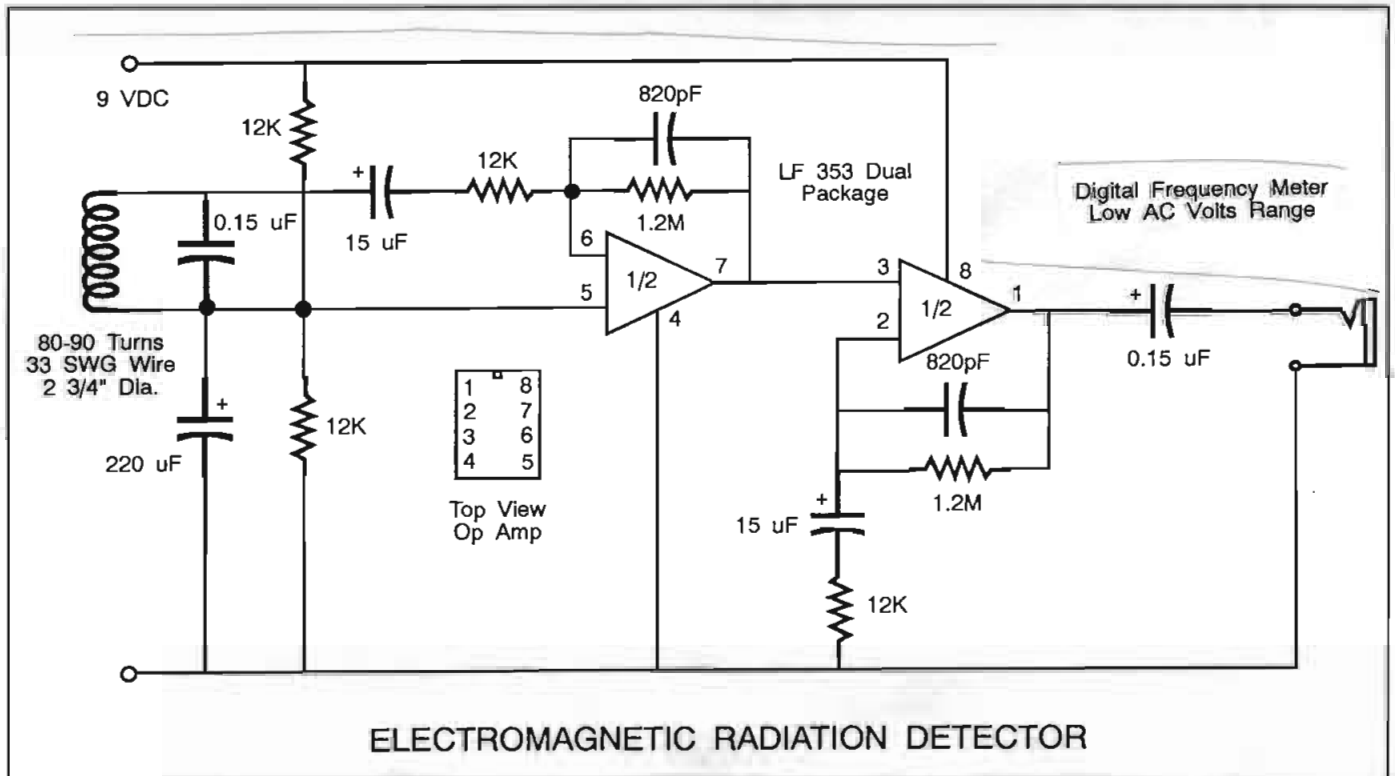


VARIABLE ELF PACER

Through EEG tests, it is now known that such magnetic oscillations can "entrain" the activity of our brain to the PSYCHOLOGICAL mood of their own frequency ... in this case a high "beta" anxiety reaction. Thank you Nikola Tesla. With DC, solar or batteries this does not occur. Run the grid at a natural frequency? Sorry, not economical. Let's all get sick instead.

SURVIVAL TACTICS

Now its to the rescue with our second circuit, the "ELF PACER". Wire the 100K log control in reverse to get more linear tuning. It's range should be adjusted, with the trimmer, so fully CCW gives a rapid, but still easily perceptible flicker. Having an effective radius of about 1 metre, the unit is intended to be carried on or near the person. While also using magnetism as a mode of influence, there is a significant difference here. It's frequency, and hence behavioural



entrainment effect, can be set by the user anywhere between 1 and 24 cps. This range, encompassing "beta, alpha, theta, and delta" brainwaves, is naturally supportive of the mind and body at various NORMAL levels of activity. The waveform emitted is "biphasic", or non-polarising, as per Dr. John Lilly, inventor of float tanks. For instance, to wake up in the morning, try a fast pulsation for an outgoing, energetic mood. Use the middle ones for relaxed alertness and vitality during work. Relax or meditate at home with a slower pace, ending the day with the lowest setting for a deep night's sleep. These tunings are more or less intuitive, by "feeling" the flashing LED as you slowly twiddle the dial. As an added benefit, due to the proximity of this source to the wearer, any discordant 50 cps fields should be less captivating to our sensitive biology. Heralded by the now infamous Soviet "Woodpecker Signal", several countries are apparently dabbling secretly in radio broadcasts, with psychoactive ELF carriers, for subliminal persuasion, or population control. See the article by Bob Beck in Nexus, Volume 2, #6. Personal pacers are the ONLY defense against this invisible threat to our freedom of choice ... and, it's only a matter of time until local mood transmitters are covertly deployed for business and social advantage. TV stands for "TERMINAL VOLITION".

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Due to limitations on the Mad Scientist's time, the "Cookbook" will appear every second issue. Next, we will be travelling back to the land of the pyramids, with fool-proof templates and tables for building several variations of these ever-fascinating devices. No slaves required. So the electrons don't feel left out, we will include our version of the trendy "colour-puncture" light gadget, which uses a small quartz pyramid as a lens.

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IMPORTANT:

BELIEVE IT OR NOT

All circuits have been pre-tested. Yet, they are offered for experimental use only, at your own risk. Pacers should not be operated by persons with epilepsy, heart disorders, medical requirements, or during any activity requiring unmodified awareness for safe conduct. Be aware that the overall effects of ELF's are still under study. Some things in this article may not be true.

